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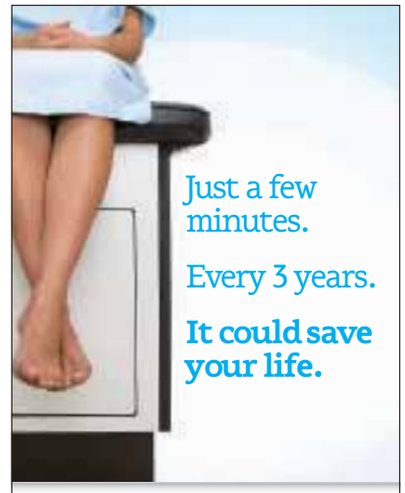
EVERYTHING BUTT: THE GIRL

POP SINGER MEGHAN TRAINOR USES THE POWER OF THE BOTTOM TO STAY ON THE TOP OF THE CHARTS PAGE 11



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Wild weekend on the mayoral campaign trail

The clock is ticking. As election day nears, candidates get out and hustle for votes in the race's final days

There was a flurry of activity on the campaign trail, as mayoral candidates scrambled for support with just days to go before Wednesday's election.

It started Friday, with both Brian Bowman and David Sanders holding events to release the full versions of their campaign platforms.

"This document represents what I want to bring to city hall to create a positive change," said Bowman about his 40-page platform that covers the themes of "a city hall that works," "a growing and modern city" and "safer and stronger neighbourhoods."

Sanders presented his 48-page "Gold and Blue Plan" — along with 30 pages of appendices — and said "if any of the other candidates want to have a real debate with me, they can pick a time and place and I'll be there."

Paula Havixbeck made two pledges Friday, the first including a promise to clear back lanes of the windrows created during snowplow operations. The second outlined a proposal to partner with the private sector to develop a secure parkade for the new police headquarters.

Meanwhile, Robert-Falcon Ouellette took some of his fellow candidates to task for not releasing full details of all campaign donations, something he said he has done.

Friday was capped off by a campaign rally for Michel Fillion at a strip club in St. Boniface.

Saturday continued unabated, with several candidates holding campaign rallies and constant social media activity by all candidates.

Sunday saw more promises and platforms. Ouellette released his ideas on preventing violence toward indigenous women, including scrapping the police helicopter program to redirect that funding towards more programming for girls and women at risk, as well as training programs for police.

Steeves also held a news conference promising to be fiscally responsible and casting Wednesday's election as a referendum on the second phase of Rapid Transit, which he has said he will not build.

COLIN FAST/FOR METRO
WITH FILES FROM METRO WINNIPEG

LAD'S QUIDDITCH EFFORT

Muggle Asher Daughell, 5, tosses a "quaffle" through a hoop at a makeshift Quidditch pitch set up at The Forks under the sunshine on Sunday afternoon. Winnipeg's only Quidditch Canada-wsanctioned team, the Whomping Willows, held the demonstration of Harry Potter's favourite sport as a fundraiser to help pay for jerseys for the team. SHANE GIBSON/METRO

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NEWS 1

Police may face charges in Tina Fontaine probe

Report headed to Crown. Chief to ask for outside opinion on actions of two officers, who saw 15-year-old runaway a day before she vanished

Two police officers who saw a 15-year-old girl shortly before she disappeared and was killed may face charges following an internal investigation.

Winnipeg police Chief Devon Clunis said Friday he has received a report into the officers' actions on the day before Tina Fontaine vanished and it will be forwarded to a Crown attorney.

"That file was handed to me just this week and probably within a short period of time, the file itself will be forwarded to the Crown for an opinion," Clunis said.

He refused to elaborate on what kind of charges or other penalties the Crown might consider.

"I think it's better to have an objective view rather than myself trying to affect the outcome in any way, shape or form."

"In a case like this, if we did not move that forward to have an outside look at it ... we'd be scrutinized for not doing that, so we're taking every step to ensure there is open transparency related to any decision."

Police have already confirmed that two officers, who have not been identified, came across Fontaine when they pulled over a vehicle on Aug. 8.

Fontaine was in the care of Child and Family Services and had run away. She had been reported missing more than a week earlier, but was not taken into custody at the traffic stop — an apparent contravention of police protocol for handling missing minors.

It's not clear whether the officers knew Fontaine's identity at the time or whether they were made aware she had been reported missing via the police database.

The officers were among the last people to see Fontaine alive. Her body was found in a bag in the Red River nine days later. No arrests have been made.

The head of the Winnipeg police officers union, Moe Sabourin, was not available for comment Friday. He previously urged people to await the results of the internal probe and not jump to conclusions about what happened at the traffic stop.

THE CANADIAN PRESS

Chief Devon Clunis has forwarded the file on two officers who saw Tina Fontaine before she died. SHANE GIBSON/METRO

Wanted: Prime spruce. City of Winnipeg seeking Christmas tree candidates

If you have a tall, symmetrical spruce in your front yard that you're willing to part with, the City of Winnipeg is looking for one to decorate this upcoming Christmas season.

City officials put out a call to Winnipeggers who might consider donating their tree to the annual holiday display after a series of potential candidates this year didn't fit the criteria.

The city requires that the spruce be directly accessible on the front yard of a property, be 12 to 15 metres tall (or 40 to 50 feet), and be fully symmetrical with a single trunk and no brown needles.

There is no monetary compensation for the tree, but crews haul it away at no cost to the homeowner, clean up the debris and remove the stump to a couple of inches below ground level.

Last year's Christmas tree. BERNICE PONTANILLA/METRO

Homeowners can call 311 or email 311@winnipeg.ca to enter their trees for consideration. BERNICE PONTANILLA/METRO

Robberies, theft

Police make arrest in Tyndall Park crime spree

A man is facing charges after several people were robbed around a Tyndall Park shopping centre earlier this month.

Police believe the same suspect robbed three people of cash after they used an ATM outside a mall in the 800 block of Keewatin Street between Oct. 6 and Oct. 9. Police say the same man stole a purse from a woman shopping at a grocery store in the mall Oct. 11.

No one was injured in any of the incidents.

Steven Anderson, 18, has been arrested and is charged with three counts of robbery and one count of theft. METRO

Information sought

Three stabbed in Spence neighbourhood

Police are saying very little about a stabbing that left three injured in the Spence area over the weekend.

Officers were called to the 600 block of Balmoral Street around 12:50 a.m. Saturday after receiving reports that two men had been stabbed.

When they arrived police found a third man stabbed in the upper body.

All three men are now in stable condition.

Anyone with information is asked to call police at 204-986-6219 or Winnipeg Crime Stoppers at 204-786-TIPS. METRO

Man hospitalized

Rollover leads to impaired charge

A 44-year-old woman is charged with drunk driving after a single-vehicle crash on Lagimodiere Boulevard early Saturday left a man in hospital.

Police say a white Toyota Tacoma was heading south on Lagimodiere near Paterson Street when it left the road and rolled over just before 1:30 a.m. A 23-year-old man was taken to hospital, where he remains in serious but stable condition.

The driver was arrested at the scene and charged with driving while impaired causing bodily harm and driving with more than 80 milligrams of alcohol in 100 millilitres of blood. She was released on a promise to appear in court. METRO

Mitchell van Ineveld of the Canadian Federation of Students speaks at a transit rally on Friday.
COLIN FAST/FOR METRO

Winnipeg needs 200 more buses now: Union head

Protest. Friday rally calls for investment in public transit

COLIN FAST
winnipeg@metronews.ca

A few dozen union and student activists rallied at Old Market Square on Friday morning in support of public transit.

"It's more than just riding the bus; it breaks down social barriers," said Amalgamated Transit Union Local 1505 president John Callahan. "Invest in public transit and watch our city grow."

The diverse group included those who support expanding bus rapid transit, and those who want to spend money on buying more buses instead. But Callahan said the city needs both to provide adequate levels of service.

He said the city's transit fleet has only grown by 10 vehicles in the past 25 years, and as the city has switched to low-floor models, overall capacity has actually gone down.

"We need, right now for adequate service, 200 more buses."

Callahan added that the peak time for violent incidents on the transit system is during the afternoon rush, when vehicles are crowded.

Quoted

"It's more than just riding the bus; it breaks down social barriers."
Amalgamated Transit Union Local 1505 president John Callahan

Bisons coach breaks North American record

No one from North America has won more volleyball games than Garth Pischke.

The University of Manitoba Bisons men's volleyball coach broke the all-time North American record for total coaching match wins Saturday with a win at home over the University of Regina Cougars.

"This was not just another match," the coach said in a release Sunday. "I am thinking about a lot of very good players and teams and all the memories.

"It has been fun to be a part of it."

The 3-0 (25-17, 25-17, 25-18) win brings Pischke's 33-year record with the Bisons to 1,240-336 and moves him one win ahead of former record holder Al Scates, who finished his 50-year coaching career at UCLA in 2012 with 1,239 wins.

University of Manitoba's volleybal coach Garth Pischke
CONTRIBUTED/CHRISD.CA

"It was cool to win and break the record at home," said the coach. "For me, it would not have been as special and emotional if it was accomplished on the road. I was happy our team won in front of family and fans."

The Bisons season record improves to 3-1 with the victory, and Pischke will try to add another notch to his personal win column when the Herd take on UBC Okanagan in Kelowna next weekend.
METRO

CAN WE HAVE DOG PARKS WHERE PEOPLE ACTUALLY LIVE?

WHAT'S GOOD
Ace Burpee
winnipeg@metronews.ca

Here's the only thing I will throw out there as an ask in advance of Wednesday's election: I'm a very low-maintenance Winnipegger, but there is one thing I would like that is both easy to do and silly not to.

Let's create fenced-in dog parks in neighbourhoods where people actually live. Putting a dog in the car and driving to the outskirts of town to a place with a sign informing them that they are at a dog park is not what smart places do. People do it, because for the most part it's their only option.

Think of that little park near your house. There's a zero percent chance that park is full of people all the time. Put up a fence with a gate and boom: Dog park. I hate to play the "they do this in other cities" card, but they do this in other cities. They're literally everywhere, and they are located where people live.

Of course a fence, maintenance and upkeep cost money. But so do other things unrelated to potholes, like say splash pads, and pretty much everybody — including people like me who have zero use for them — seems cool with those.

I swear this is a small ask that tons of people are going to love. There is plenty of room for these. Plenty. They don't have to be massive. Dogs don't run long distances in a straight line. They just want to rip around. Let them rip!

People love "livable cities" ranking lists. Livable cities have these everywhere. Dare I say they're a no-brainer.

Thanks to all who are running in this civic election for putting yourselves out there and best of luck.
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Booze blamed for mayhem at pumpkin fest

New Hampshire. Violence takes hold during a night of parties that led to destruction, arrests and multiple injuries

Violent disturbances near Keene State College during an annual pumpkin festival lasted until early Sunday and involved dozens of arrests and injuries, as well as police in riot gear using tear gas to disperse crowds.

Keene State student Ellery Murray told The Boston Globe that she was at a party Saturday that had drawn a large crowd when people started throwing things.

"People were just throwing everything they could find — rocks, skateboards, buckets, pumpkins,'' she said. "People just got too drunk."

The parties around the school coincided with the annual Keene Pumpkin Festival, where the community tries to set a world record for the largest number of carved and lighted jack-o-lanterns in one place.

WMUR-TV in Manchester showed video of a crowd overturning a car, people running from tear gas clouds, street signs being torn down and fires burning in the streets. Police, who dressed in riot gear and ordered crowds to disperse, also investigated reports of people throwing glass bottles and fireworks.

THE ASSOCIATED PRESS

People stand atop an overturned car in Keene, N.H. on Saturday during a night of violence. JEREMY FOX/THE BOSTON GLOBE/THE ASSOCIATED PRESS

Murdered Polish priest Jerzy Popieluszko is remembered

A pilgrim holds a picture of Polish Roman Catholic priest Jerzy Popieluszko during an anniversary ceremony in front of his parish church St. Kostka in Warsaw, Poland, Sunday. Poland is marking 30 years since Communist police murdered the now Blessed Father Popieluszko, who was associated with the Solidarity union. CZAREK SOKOLOWSKI/THE ASSOCIATED PRESS

Ohio

Larry Flynt's daughter critical after car crash

The daughter of Hustler publisher Larry Flynt has been seriously injured in an Ohio car accident and is hospitalized in critical condition.

The Dayton Daily News reports 47-year-old Lisa Flynt was ejected from her car Saturday afternoon after it turned in front of a tractor-trailer. A 24-year-old female passenger suffered minor injuries.

The newspaper says police searched the bar where the women are believed to have been before the accident. Lisa Flynt lives in a Dayton suburb. Her brother says doctors are trying to determine the extent of her cranial injuries. Their father built Hustler magazine into an adult entertainment empire. THE ASSOCIATED PRESS

China

Boy loses arm after trying to feed bear at park zoo

A bear in central China has bitten off the arm of a nine-year-old boy who tried to feed it through its cage, state media and a doctor said Sunday.

Media reports said the attack happened Saturday afternoon at Pingdingshan Hebin Park in Henan province, which has a zoo as part of it.

The boy managed to push his arm through the bear's cage to feed it — and the bear bit him.

A doctor at the Pingdingshan Number 152 Hospital, who treated the boy, said Sunday that he lost his entire right arm, which had to be amputated.

Calls to the park and local forestry bureau were not answered.

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Alberta government won't cull elk population

A large bull elk sits in the snow by the side of the Alaska Highway near Whitehorse in March 2007. Ranchers and community leaders say the growing elk herd at CFB Suffield in southeast Alberta jump fences to eat, trample private crops and that hunting alone will not reduce the herd to a manageable size. Community members submitted a draft proposal to the province in July that calls for humanely capturing about 1,500 elk each year, moving the animals to an elk farm and slaughtering them over time at a provincially approved abattoir. But Environment Minister Kyle Fawcett said the government is concerned about the cost of the proposal, and suggested it would also be challenging to get the federal government to approve a plan that would involve access to a military base with security concerns. CHUCK STOODY/THE CANADIAN PRESS

Stranded Russian cargo ship towed by tug to B.C. coast

Simushir. Ship carrying hundreds of tonnes of fuel was in danger of running aground, causing massive spill

The stricken Russian container ship Simushir was under tow again Sunday off the north coast of British Columbia.

The Canadian Forces' joint rescue co-ordination centre in Victoria said the ocean-going American tug boat Barbara Foss had a secure line attached to the ship.

Spokeswoman Acting Sub Lt. Melissa Kia said the owners of the Russian vessel plan to have it taken to Prince Rupert.

Kia said the winds and seas have calmed significantly since Saturday, and at their current speed of seven nautical miles per hour the ships was expected to reach port late Sunday.

The Canadian Coast Guard vessel Sir Wilfrid Laurier and the U.S. Coast Guard vessel Spar were providing escort service.

A mechanical failure left the Simushir drifting in heavy seas Thursday night, sparking fears it could run aground and spill hundreds of tonnes of fuel along the pristine shores of Haida Gwaii, also known as the Queen Charlotte Islands.

A Canadian Coast Guard vessel tried towing Simushir Saturday, but the tether kept breaking.

Kia said there have been no such problems since the bigger and better equipped tug took over. THE CANADIAN PRESS

About the ship

The Simushir, which is 135 metres long, was carrying "a range of hydrocarbons, mining materials and other related chemicals," said acting Sub. Lt. Ron MacDougall of the joint rescue co-ordination centre.

- Also on the ship were more than 400 tonnes of bunker oil and 50 tonnes of diesel.
- The ship had 11 crew members on board, though the captain was injured and had been removed by helicopter.

Hunter tells of being ambushed by bear, saving father-in-law

Skeet Podrasky watched in horror as the massive grizzly pounced on his father-in-law, pinning him and lunging at his throat.

The pair had been out for a routine hunt the morning of Oct. 12 on the Podrasky family farm near Fernie, B.C.

"We were just looking for an elk that we had shot at the night before," Podrasky recalled Sunday, speaking publicly for the first time since the terrifying encounter. "We were just wandering through the brush and got pretty much ambushed."

As father-in-law Wilf Lloyd attempted to hold the bear back, his thumb even slipping inside the animal's mouth, he yelled at his son-in-law to shoot.

Podrasky had three rounds for his rifle and fired them all, hitting the bear twice. The wounded animal raced back into the bushes and Podrasky rushed to check on Lloyd. That's when he spotted the bullet wound in his thigh — the second round had hit Lloyd.

But the horror wasn't over.

"I only had three bullets — I was out," Podrasky said. "Then, the bear proceeded to charge again. It came right at us.

"Wilf was able to tell me where his gun was — it had gotten knocked when he got run over. That's how I finished the bear before it came back to get both of us. The bear was definitely going to finish him ... after that, I didn't know what was going to happen. It was surreal."

Lloyd, a Cranbrook-area taxidermist in his mid-50s, was rushed to a Calgary hospital via STARS air ambulance and remains there. He's undergone two surgeries since the attack and doctors are considering amputating the leg that was shot. He suffered claw wounds on his arms and hands as well. Still, Podrasky said his father-in-law has kept in good spirits, all things considered.

"He's the kind of person that always wants to make everybody feel happy and comfortable," he said. "He's definitely very grateful to be here and has supported me in the decisions I made. At the time, there were not very many options."

JEREMY NOLAIS/METRO

Fundraising

For information on the online fundraising campaign for Wilf Lloyd, head to metronews.ca/calgary.

Missing aboriginal women

Canadian Public Health Association joins call for inquiry

In a statement to be released publicly Monday on its website cpha.ca, the Canadian Public Health Association is calling on the federal government to assess any actions taken as a result of previous inquiries, reports and investigations into missing and murdered native women.

It also urges the Conservatives to heed a call from the World Health Organization to develop and implement an integrated action plan for violence prevention that addresses its root causes.

Those efforts should be led by First Nations, Inuit and Metis partners and engage all levels of government and civil society, the association says. THE CANADIAN PRESS

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In this August file photo, a Nigerian health official uses a thermometer on a worker at the arrivals hall of Murtala Muhammed International Airport in Lagos, Nigeria. SUNDAY ALAMBA/THE ASSOCIATED PRESS FILE

Entire continent affected by fears of Ebola outbreak

Feeds into false ideas, fears. 'It speaks to a whole discourse about the danger of Africa,' says African studies prof

In the United States, some parents fearful of deadly Ebola pulled children out of a school after the principal returned from Zambia, an African nation far from the area hit by the disease. In Geneva, a top UN official warned against anti-African discrimination fuelled by fears of Ebola. The disease has ravaged a small part of Africa, but the international image of the whole continent is increasingly under siege.

Guinea, Liberia and Sierra Leone — the African countries afflicted by the Ebola outbreak — have a combined population of about 22 million on a continent with more than 1 billion people. Their corner of West Africa encompasses an area the size of California. Yet the epidemic feeds into a narrative of disaster on a continent of 54 countries that has seen some progress in past years, and false perceptions of Ebola's reach are hurting African business distant from the affected areas.

"It speaks to a whole discourse about the danger of Africa," said Michael Jennings, a senior lecturer in international development at the School of Oriental and African Studies in London.

He cited the redecision of a British school to postpone a visit by a teacher from the West African country of Ghana after parents expressed concern about the Ebola virus. Ghana does not border the hard-hit nations and has not reported any cases of the disease.

Africa has had a troubled image. Famine in Ethiopia, chaos in Somalia and genocide in Rwanda drove the idea of a continent in perpetual crisis. In recent years, an end to a number of wars and ensuing stability and growth pointed to a turnaround that some enthusiasts dubbed "Africa Rising."

Now the economic impact of Ebola fears is being felt in many parts of Africa. Hotels, tourism operators and conference organizers are recording increasing cancellations.

Thirty international buyers pulled out of an annual tourism expo that began Thursday in Zimbabwe's resort town of Victoria Falls, said Karikoga Kaseke, the national tourism agency chief. The southern African country is more than 4,800 kilometres (3,000 miles) from Ebola-hit Liberia, or about twice the distance between London and Moscow.

In the U.S. state of Mississippi, a middle school principal has taken a week of vacation in an attempt to allay parents' fears about Ebola after he returned from a trip to Zambia, another southern African nation without any reported Ebola cases. In Pennsylvania, two high school soccer coaches resigned last week after their players hurled Ebola taunts at an opponent from West Africa.

Soccer players on Sierra Leone's national team have been treated as Ebola risks in African Cup qualifying games even though none of the squad lives in Sierra Leone. Opponents have sometimes refused to shake the hands of the Sierra Leoneans or swap shirts — a tradition after a game — because of fears of catching the deadly virus. THE ASSOCIATED PRESS

Fighting the outbreak

U.S. officials announce updates to protocols, new support team

Revised guidance for health-care workers treating Ebola patients will include using protective gear "with no skin showing," a top federal health official said Sunday, and the Pentagon announced it was forming a team to assist medical staff in the U.S., if needed.

Dr. Anthony Fauci, head of the National Institute of Allergy and Infectious Diseases, said those caring for an Ebola patient at a Dallas hospital were left vulnerable because some of their skin was exposed.

The federal Centers for Disease Control and Prevention is revising safety protocols. Earlier ones, Fauci said, were based on a World Health Organization model in which care was given in more remote places, and without intensive training for health workers.

On Sunday, the Pentagon announced that Defence Secretary Chuck Hagel had ordered the formation of a 30-person support team to assist civilian medical professionals in the U.S. if needed to treat Ebola.

A health-care professional shows how to use Personal Protective Equipment at a Toronto hospital. CHRIS YOUNG/THE CANADIAN PRESS

The team would not be sent to West Africa, and would "be called upon domestically only if deemed prudent by our public health professionals," Pentagon press secretary Rear Adm. John Kirby said in a statement. THE ASSOCIATED PRESS

Quarantine ends

As her boyfriend Thomas Eric Duncan lay dying of Ebola in a Dallas hospital bed, Louise Troh battled loneliness and fear that she, too, had contracted the disease.

- Troh's confinement ended Sunday night, along with that of several friends, family and others who had contact with Duncan after he first became infectious.
- Ebola has a 21-day incubation period, and the people who interacted with Duncan after he first arrived in Dallas from Liberia will be in the clear.

800 vials. Canadian vaccine now being shipped to WHO

The federal government says Canada will start shipping its experimental Ebola vaccine to the World Health Organization on Monday.

The government says in a release the Public Health Agency of Canada is supplying the vaccine to the UN body in Geneva in its role as the international co-ordinating body for the Ebola outbreak in West Africa.

It says Canada will ship 800 vials of its experimental vaccine in three separate shipments, as a precautionary measure.

The WHO will consult with its partners, including the health authorities from the affected countries, to determine how best to distribute and use the vaccine. For instance, it must take into account concerns about using an experimental vaccine in people.

The WHO says the Ebola outbreak has killed more than 4,500 people in West Africa.

"This vaccine, the product of many years of scientific research and innovation, could be an important tool in curbing the outbreak," said Dr. Gregory Taylor of the public health agency.

"We will continue to work closely with the WHO to address some of the ethical and logistical issues around using this experimental vaccine in the fight against Ebola."

Meanwhile, Prime Minister Stephen Harper is warning Canadians not to be complacent about Ebola virus, suggesting it would be all too easy for the disease to come to Canada.

He brought up the current Ebola crisis on Saturday as he accepted the Rotary Foundation Polio Eradication Champion Award for Canada's efforts to eliminate polio globally. Harper said that much like polio, Ebola must not be underestimated.

"What has happened recently with Ebola reminds us that in an age of globalization and particularly global trade and travel, what was a problem that was at one time far away from us could arrive at our shores very quickly," he said.

The federal government announced Friday it was nearly doubling the amount of money earmarked to fight the outbreak. Canada has committed a total of $65 million.

THE CANADIAN PRESS

Lebanon.
Tehran pledges aid to military

Iran said Sunday it is ready to provide modern military equipment and strategic assistance to the Lebanese army — while continuing to aid the Shiite Hezbollah group — to help combat Sunni extremists.

The promise of aid comes after Iran's regional rival Saudi Arabia pledged $3 billion US to Lebanon's armed forces, and will be seen by many Lebanese as part of a competition for influence over the tiny country. Lebanon is gripped by sectarian tensions and bitterly divided over the Syrian civil war, with Sunnis supporting the Sunni-led rebels and Hezbollah sending fighters to bolster Syrian President Bashar Assad's forces.

Iran is a main backer of Hezbollah. Lebanon's army, particularly its intelligence unit, is seen by many Sunnis as partial to Hezbollah.

THE ASSOCIATED PRESS

Giant robots battle in Beijing

French production company La Machine's latest creation the Long Ma, or Dragon Horse, spews fire next to a mechanical spider, which is also known as La Princesse, during a performance in Beijing Sunday — the climax of celebrations marking the 50th anniversary of Sino-French diplomatic relations. ANDY WONG/THE ASSOCIATED PRESS

Executions in Iraq number 60-plus; UN expresses alarm

Miscarriage of justice? Many of the convictions are based on questionable evidence, says UN special envoy to Iraq

Iraqi authorities have executed at least 60 people so far in 2014, a United Nations report said Sunday, expressing concern that "irreversible miscarriages of justice" were taking place in some death penalty cases.

Nickolay Mladenov, the UN special envoy to Iraq, urged the Iraqi government to reconsider its position on the implementation of the death penalty. Mladenov said the high number of executions in Iraq is "alarming, especially since many of these convictions are based on questionable evidence and systemic failures in the administration of justice."

The UN report said the figure accounted for executions carried out during the first nine months of 2014.

Meanwhile, a suicide bomber set off his explosive belt near a Shiite mosque in Baghdad's western district of Harthiya, killing 18 people, mostly Shiite worshippers, and wounding 32 others, said police officials. Just north of Baghdad, police said a roadside bomb hit an army patrol, killing three soldiers and wounding four others.

Nobody has claimed responsibility for the attacks. The Islamic State of Iraq and al-Sham, however, considers Shiites heretics.

THE ASSOCIATED PRESS

Death penalty

The death penalty, used under longtime dictator Saddam Hussain and briefly cancelled after the U.S.-led invasion in 2003, was restored in Iraq in 2005.

- Hanging is the primary method used, and death sentences are applicable for a range of offences, including acts of terrorism.
- As of August 2014, some 1,724 Iraqi prisoners were awaiting execution, according to the UN report, citing Iraqi justice ministry figures.

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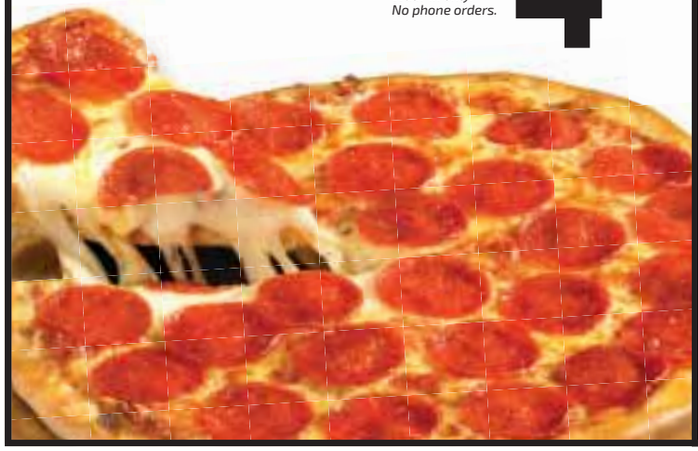

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Nepal officials shut walking trails, set out on additional rescue efforts

Fatal blizzard. With at least 38 confirmed dead, rescuers returned to the popular hiking route to ensure trekkers' safety

An injured avalanche victim from Israel hugs a friend after boarding an ambulance to head home at Ciwec Clinic in Katmandu, Nepal, on Saturday. Rescue helicopters spotted nine more bodies Saturday on a trail in northern Nepal, bringing the death toll to 38 from last week's snowstorms. NIRANJAN SHRESTHA/THE ASSOCIATED PRESS

Nepalese authorities closed a section of a popular Himalayan trekking route Sunday after rescuers, overwhelmed with last week's snowstorms that killed at least 38 people — including four Canadians — had to save new hikers who set out on the same trails.

Those who lost their lives in the blizzards and avalanches that hit the upper section of the Annapurna trekking circuit in northern Nepal included foreign trekkers, local guides and villagers. Many of the hundreds who had been stuck in the snow have been brought to safety, while government official Yama Bahadur Chokhyal said rescue helicopters were winding down flights.

But as the weather cleared, new hikers began making their way up the same trails, prompting the government to close the route, Chokhyal said. In some sections, the trails were completely hidden beneath the accumulated snow.

"Our rescuers and helicopters ended up having to bring down these new people while we were still trying to reach the ones who were stranded by the blizzard," he said.

"It was burdening and confusing the rescuers," he said.

The snowstorms were caused by the tail end of a cyclone that struck the Indian coast days earlier.

THE ASSOCIATED PRESS WITH FILES FROM THE CANADIAN PRESS

Snowstorm victims

About 25 bodies have been identified from among those killed in Nepal's blizzard.

- **Confirmed deaths.** Of those identified, eight were Nepalese, with others from Canada, India, Israel, Slovakia, Poland and Japan.
- **Canadian casualties.** The names of the Canadians have not been made public, but a Quebec-based tour guide operator said a group of Quebecers were taking part in the trek.

Rising tension. Leaflets lead to North-South Korea gunfire exchange

Troops from the rival Koreas exchanged gunfire Sunday along their heavily fortified border in the second such shooting in less than 10 days, South Korean officials said. There were no reports of injuries or property damage, but the 10 minutes of shooting highlighted rising tensions between the countries.

The Koreas' first exchange of gunfire came after North Korea opened fire at balloons carrying anti-Pyongyang leaflets that were floating across the border from the South. Sunday's shootout began after North Korea sent soldiers close to the border line. The move was an attempt by the North to increase worries in the South about what might happen if leafleting continues, analysts say.

South Korean activist groups, mostly made up of North Korean defectors, have been staunch in their vows to continue sending the leaflets, which Pyongyang considers propaganda warfare; one group says it intended to float about 50,000 on Saturday. North Korea has warned it will take unspecified stronger measures if leafleting continues.

The Korean Peninsula remains in a technical state of war because the 1950-53 Korean War ended with an armistice, not a peace treaty. About 28,500 U.S. troops are stationed in South Korea.

THE ASSOCIATED PRESS

In this Sept. 17 file photo, two South Korean soldiers stand guard at a military checkpoint at the Imjingak Pavilion near the village of Panmunjom, which has separated the countries since the Korean War. AHN YOUNG-JOON/THE ASSOCIATED PRESS

Human remains

Body may belong to missing student

Searchers found human remains that could be those of a British-born University of Virginia student who has been missing since Sept. 13, police said.

Further tests are needed to confirm that the remains are Hannah Graham's, Charlottesville Police Chief Tim Longo told a news conference Saturday. Jesse Leroy Matthew Jr., 32, has been charged with abduction with intent to defile Graham. THE ASSOCIATED PRESS

South Africa

Convicted killer dies in prison

The man convicted of the murder of a woman killed on her honeymoon in Cape Town has died, South Africa's Department of Correctional Services said.

Xolile Mngeni, convicted for the murder in 2010 of Anni Dewani, died in a hospital unit of a Cape Town prison. Prosecutors argue the woman's husband, Shrien Dewani, conspired with Mngeni and two others to kill his wife.

THE ASSOCIATED PRESS

Microsoft mines a piece of the gaming action

HOW TO ROLL
Alison Griffiths
investing@metronews.ca

What has 11 million likes and nearly 95,000 people interacting on Facebook? That would be Minecraft.

Okay, perhaps the numbers pale compared to those on the pages of Shakira, Coca-Cola and the late Bob Marley (who says death is the end of life?). And granted, Minecraft isn't in the same league as the insanely popular online game League of Nations, with more than 20 per cent of worldwide game-playing time.

Minecraft attracts just over 2.6 per cent of gamers at any given time. But the numbers are impressive considering that the majority of those playing this Lego-like game aren't on Facebook and belong to a cohort still under the thumb of parental oversight.

This is what attracted the attention of Microsoft and convinced it to shell out $2.5 billion earlier this month to purchase Mojang, the maker of Minecraft.

Big companies have been buying smaller ones ever since one fish ate another. But this purchase signals a shift in the gaming industry.

In the tech sphere, acquisitions most often happen to gain expertise, technology, access to users or the ability to connect a product with proprietary platforms. Rarely do tech acquisitions happen for profits alone.

But the Mojang purchase offers all of the above to Microsoft. The old-fart behemoth suddenly owns a mountain of young users and the expertise needed to continue to attract them. Minecraft is one of the few games available on all major devices. And miraculously, Mojang is profitable with real and growing revenues.

Minecraft believers can buy into the technology by investing in Microsoft. The downside is you are purchasing dozens of other non-game divisions including decliners such as desktop computing. On the other hand, such diversification is far less risky than buying a one-product stock.

Wallets lighten up during festival of lights

An Indian woman looks at jewelry as people throng a market for shopping on the last Sunday ahead of the Diwali festival in Ahmadabad, India. Diwali, an ancient Hindu festival known as the festival of lights, will be celebrated on Thursday.

AJIT SOLANKI/THE ASSOCIATED PRESS

Intelligence agency links cash to Islamic militants

Canada's financial intelligence agency says it is actively helping police and spies follow the money flowing into the coffers of Islamic extremists fighting overseas.

The Ottawa-based Financial Transactions and Reports Analysis Centre of Canada, known as FinTRAC, has passed along information to investigators as part of the government's effort to combat the Islamic State of Iraq and al-Sham (ISIS), says centre director Gerald Cossette.

Many Canadians have never heard of the centre, which keeps a relatively low profile compared with other national security agencies.

The agency's access to information about banking and financial transactions allows it to see links between people and groups in Canada and abroad that support terrorist activities — including radicalized Canadians bent on waging guerrilla-style war in strife-ridden Iraq and Syria. THE CANADIAN PRESS

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THE GOOD, BAD AND WEIRD OF THE CAMPAIGN

URBAN COMPASS

Colin Fast
winnipeg@metronews.ca

After six months of campaigning, we should all be familiar with where the candidates stand on the big issues of this election: Infrastructure, accountability, bus rapid transit and property taxes.

But are you familiar with the mayoral candidate who wants to build roller coasters made of ice that pass through neon tubes? Or the council hopeful who has promised to create a customized property insurance plan exclusively for his own ward?

Mainstream mayoral candidates get most of the attention in this race, but there are a lot of colourful characters and proposals out on the fringe.

In the mayor's race, Michel Fillion is in a class of his own. In addition to turning Windsor Park Golf Course into a "winter Disneyland" complete with an ice roller coaster, Fillion has also promised a civic song and handshake, a sand castle contest on Broadway, and brothels.

His campaign rally last week took place at a St. Boniface strip club, and featured dancers who were (briefly) wearing "Vote Fillion" shirts. If you're looking for the candidate of change, then this is your man.

St. Charles council candidate Geoff Borden could give Fillion a run for the title of most creative candidate. He wants the city to launch its own low-cost internet service, thinks parking meters should work on a donation basis, and proposes a magnetic-levitation train from Winnipeg to Churchill.

Meanwhile, his competitor Don Woodstock seems confused as to which level of government he's running for, as he wants Canada Post to maintain home delivery, school divisions to merge, city referendums on hydro dam projects, and the decriminalization of marijuana.

Donovan Martin says he'll work with insurance companies to develop customized coverage plans exclusively for residents of Old Kildonan. Martin will also take the economic development game to the micro-level by offering incentives for companies to relocate to his ward.

Point Douglas candidate Dale White has developed an extensive platform of more than 70 proposals, including paying people to vote, installing magnetic bars on garbage trucks to collect nails from the street, and creating a remote control helicopter park.

Then there's Joe Chan, a St. Norbert candidate who is spending most of his time trying to get Harvey Smith re-elected in the Daniel McIntyre ward. But Chan did recently put out his platform, which includes mandatory drug tests for any city employee making over $50,000 and financial payments for citizens to have more babies.

Whether any of these ideas are wackier than Brian Bowman's proposal to build six legs of rapid transit by 2030, Gord Steeves' pitch to sell city golf courses or Judy Wasylycia-Leis's plan to run an entire campaign without saying anything is debatable.

This election has a record number of candidates, with a record number of ideas that are good, bad and just plain weird.

With so much choice, there's no excuse not to vote on Wednesday. The future of the ice roller coaster depends on it.

Metro Bitstrips caption contest

metro AR

Today's winner: Michele Benefield

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WE ACT: CANADA DOES GOOD

B.C. youth finds courage to pursue passions, even live on Mars

Canadians across the nation are up to a whole lot of good. Here's one we'd like you to meet.

Who: Paige Hunter, youngest candidate in the Mars One Project, New Westminister, B.C.
What: Motivating youth as a We Day speaker to be authentic in the pursuit of their dreams.
Why: When one is confident, no dream is too unrealistic — even living on another planet.

Changing the course of history can come from one small decision. For 19-year-old Hunter, deciding to sign up for the Mars One Project was a no-brainer — she saw it as a chance for adventure and possibly finding new territory for the human race to inhabit.

While the idea may sound far-fetched to some, Hunter says it is essential that youth follow their dreams, no matter how outlandish. At We Day Vancouver on Oct. 22 at the Rogers Arena, she'll explain how her passion, confidence and decision-making landed her as the youngest person on the list to travel to the red planet.

The importance of confidence

"Confidence comes from being genuine and I think people who are insecure are trying to be something that they're not. Be unapologetically you — it's the best way to be." Paige Hunter, 19

How will you relate being on the Mars One list to youth at We Day? "I'll be speaking about my very real, personal experiences to demonstrate that it's 100 per cent possible for me and anyone to achieve what they think is important and pursue any injustice in the world. I think it's really important for youth to understand there's no magic formula to make opportunities happen — of course a bit of luck is involved — but it's what a person does in their day-to-day life and all those little decisions made daily that add up to a bigger experience."

CRAIG AND MARC KIELBURGER

metro AR

SEE THE NEWS COME ALIVE

In this issue, you can find AR enhancements on page 13 in Scene and page 22 in Sports.

To see these pages spring to life, download or update the Metro News app and follow these three easy steps:

1. Open the Metro News app on your smartphone or tablet device. Click the AR icon in the top right corner.
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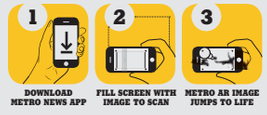

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By recounting his life as a game book filled with multiple paths and endings, NPH takes you for a roaringly funny time through cocktail recipes, boyfriend scribbles, geeky magic tricks, and celebrity interruptions. The intimate details are still there, just playfully told for your entertainment.

Box office

Fury rolls right over Gone Girl

The Second World War drama Fury blew past Gone Girl at theatres this weekend. Gone Girl was tops for two weeks before Brad Pitt and his ragtag tank mates in Fury blasted the film to second place. Fury captured $23.5 million in ticket sales during its opening weekend, according to studio estimates Sunday. Gone Girl followed with $17.8 million. THE ASSOCIATED PRESS

Meghan Trainor is bringing booty back to the big time

All About That Bass.
Singer's playful pop anthem rocks bottoms to the top of charts

PAT HEALY
Metro in Boston

Meghan Trainor is speechless, and it's not because her song All About That Bass has been dominating the Billboard Hot 100 chart for weeks.

She's speechless because she's been singing the song so much that she blew her voice out. We were supposed to talk about Bass on the phone with Trainor, but her doctor made her go on strict vocal rest and cancel all interviews and performances until she got her voice back. So we emailed the Nantucket-born and raised singer, and she seemed happy to answer our questions that way.

Meghan Trainor SARAH MCCOLGAN

Congratulations on another week at No. 1. More than 130 million people have viewed All About That Bass online. Were you prepared for this song to be this huge a hit? What's the biggest adjustment in having a song that everybody knows?
I was not prepared at all. Never thought it would be this huge. It's unbelievable, though, and I'm so grateful that people are reacting to it so well. I'm just glad others could relate to it. The best thing is hearing the crowd sing every word, it gets me all emotional every time.

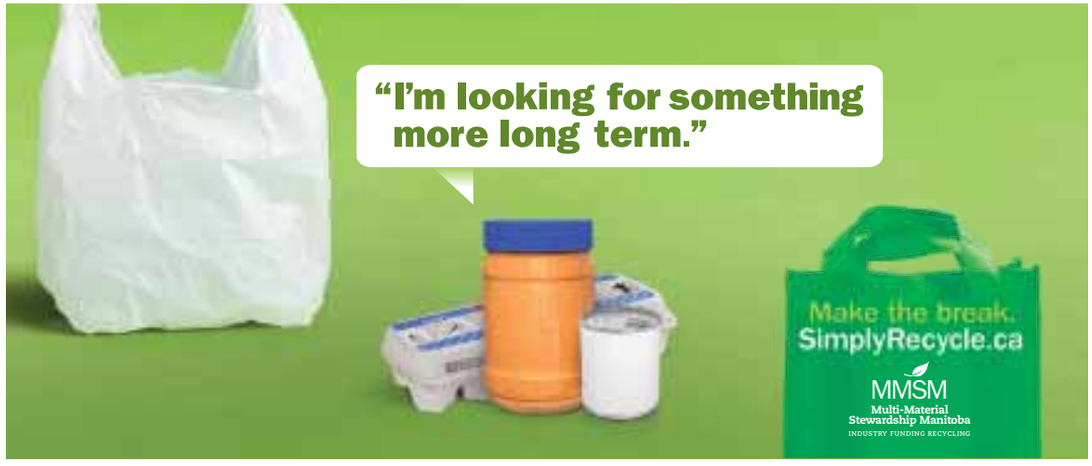
The song is so much fun, and it's obviously a great message, but did any of the reactions surprise you? I've seen a few long think-pieces on where the song fits into the message of feminism. Was it important to you to put that line in about "skinny bitches" and how even people who could be characterized as such probably also think they're fat?
I have plenty of skinny beautiful friends that people would assume are confident "bitches" but I know in the privacy of their mirrors they destroy themselves because they still don't feel perfect enough in society's eyes. All I did was write a song about loving my size and I'm glad most people can relate and see I didn't set out to shame skinny people.

And now I have a few less serious questions about that song: Did your mama really tell you that "boys like a little more booty to hold at night"? I'd like to know a little bit more about the context of that conversation.
She always tells me "don't worry about your size" and that I'm beautiful. My dad might have said the booty line.

I had read somewhere that your parents were especially encouraging about you pursuing your dream, rather than forcing you to go to college. How did that conversation go, or was it just understood right from the beginning of your music career?
It was always understood. I got a (songwriting) publishing deal when I was 18 years old, so I was still in high school. Yes, I applied to college and got in but my father said, "You will learn way more by doing it than going to school to learn about it."

The music on most of the songs from your EP, Title, seems rooted in both doo-wop and hip-hop. What kind of music did you grow up with in the house?
I grew up listening to soul/R&B/funk/'50s. So all over the place! I didn't know who The Beatles were until I was 15. I love them as well, but my childhood was mostly Earth Wind & Fire, Ray Charles and Stevie Wonder.

You paraphrase Justin Timberlake's Sexyback in Bass when you sing the line, "I'm bringing booty back." Have you heard from JT?
Only in my dreams. But yeah, I'm still waiting for that shout-out!



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Tolman's streak of pluck runs out as Fargo's Molly

Beloved character. Series run is up for actress who loved her first TV role as much as fans took to the part she played

Allison Tolman as Molly Solverson in the show Fargo. CHRIS LARGE/FX

Allison Tolman says it feels "bittersweet" to not be returning to FX's Fargo.

Her plucky performance as Det. Molly Solverson won her hordes of fans and an Emmy nomination. But the second season will be set in the past, meaning Tolman won't be back.

"I'm so sad to not be going back with them because it was such an incredible, golden time for me," said Tolman in a telephone interview. Showrunner Noah Hawley has admitted it's a "crime and a tragedy" to let go of Tolman, a previously unknown actress whose Molly quickly won the hearts of fans and critics. But he said it would be "disingenuous" to give her character another wild, Coen brothers-esque case to solve, so he decided to set Season 2 in 1979.

"I got my butt to L.A. pretty fast as soon as I found that out," said Tolman with a laugh. "I certainly didn't want to squander this awesome opportunity that I was afforded by landing this role ... It feels like a lot of responsibility. There's a big potential for a sophomore slump."

Season 1 of Fargo is available on DVD and Blu-ray now. The 10-episode story followed Molly and another officer, Gus Grimly, as they tried to solve a series of murders linked to hapless insurance salesman Lester Nygaard and violent criminal Lorne Malvo.

Tolman, 32, had been temping as a receptionist at a consulting firm when she auditioned for Molly. She had moved to Chicago from Dallas about five years earlier to study at Second City's famed comedy program.

She felt the chances of her landing the Fargo role were "far-fetched," but she threw in a tape anyway. Tolman didn't even tell her family and friends that she made it through callbacks. When Hawley finally phoned her to tell her she had won the part, she was "stunned."

Tolman had been working as an actress for years, whether in theatre or commercials, or improv and sketch comedy. But Fargo marked her first television series.

Tolman said she didn't realize how instrumental her character would be in the storytelling until she received the script for episode two. She also didn't anticipate how beloved Molly would be among fans and critics.

"I was mostly concerned with the show being well-received and well-loved, so I didn't really think about this character and what that meant for me. So it was really awesome to watch people take to her so fondly and in turn take to me so fondly for bringing this character to life," she said. THE CANADIAN PRESS

*This example is based on the results of a theoretical portfolio in a Registered Education Savings Plan with a 6.26% average annualized return, and includes Canada Education Savings Grant (CESG) payments. The CESG will add 20% of the first $2,500 contributed annually for each eligible child/beneficiary, up to a maximum grant of $7,200. This example is strictly for illustrative purposes only and is not intended to be representative of the performance of any actual or future investment available to investors. Actual client returns may differ substantially. Investment advice is provided by Royal Mutual Funds Inc. (RMFI). RMFI, RBC Global Asset Management Inc., Royal Bank of Canada, Royal Trust Corporation of Canada and The Royal Trust Company are separate corporate entities which are affiliated. RMFI is licensed as a financial services firm in the province of Quebec. ® / ™ RBC and Royal Bank are registered trademarks of Royal Bank of Canada. ©2014 Royal Bank of Canada.

Getting to know the actress Sarah Gadon

Dracula Untold.
Canadian talks about her studies at University of Toronto, working on big films

MATT PRIGGE
Metro World News in New York

metro AR Scan this photo with your Metro News app to watch a video of Sarah Gadon talking about her character in Dracula Untold, which opened last Friday. CONTRIBUTED

Where you've seen her:
A performer on TV and film since she was a kid, the Canadian-born actress has appeared in three David Cronenberg films, including Cosmopolis and Maps to the Stars. Gadon also played the second Jake Gyllenhaal's pregnant wife in Enemy.

Where she is now:
She plays the goodly wife of Vlad III Tepes, a.k.a. Vlad the Impaler, in the origin story/reboot Dracula Untold.

Where she's going:
Gadon will play Queen Elizabeth II as a young princess in Girls' Night Out and appear in the thriller The 9th Life of Louis Drax, with Aaron Paul.

Which Dracula she loves the most:
"I grew up with Bram Stoker's Dracula, the Coppola version," Gadon says, citing that Untold essentially stretches out its first 10 minutes into a feature-length film. She was also a total Buffy the Vampire Slayer head growing up.

Why vampires never die (as an art form):
"We return time and again to vampires as a metaphor. It touches on basic human themes of love and death and struggle. It's a great catalyst to explore these ideas."

What Dracula Untold does to the series:
"Each version of the story speaks to its specific time. Our film is no exception. It's taking the Dracula story and putting a contemporary Hollywood stamp on it. It's using every special effect in modern technical filmmaking to add this visual element, putting it on the compelling esthetic for which Dracula is so well known."

Graduating to giant productions after smaller films:
"I thought it was going to be hugely different, but at the end of the day it was like any film I'd ever done. You find a connection with another actor and everything in the background just fades away."

Gadon is also pursuing a degree in cinema studies at University of Toronto, with a few credits left. What she loves about it:
"I love semiotics. I love psychoanalysis and how it pertains to film theory. I'm a big fan of Italian neorealism."

How academia helps her acting:
"I think when you have a film degree it helps you speak the same language as your director. It's easier to understand the visual references, the visual impact they're trying to make. That's important in character development. If you don't know the kind of film you're going to be in, it impacts the world you're creating."

Avatar Secrets

Episode 5: Perception

Back in New York, Ramona feels the pull of nostalgia, and, against her better judgment, she calls Blake, her ex-boyfriend. For a moment, it seems perfect. But it's not real. "The digital is real, and what we're doing face-to-face is often quite virtual," says Nathan Jurgenson, a sociologist and co-founder of Cyborgology. Scan this photo for a video of Jurgenson talking about digital dualism.

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News worth sharing.

Charlie Sheen ALL PHOTOS: GETTY IMAGES

Three and a half weddings for Charlie Sheen

Folks looking forward to the tasteful and elegant nuptials of Mr. Charlie Sheen and former adult film star Brett Rossi, we have some bad news for you. The wedding is off. Capping a solid month of return-to-form erratic behaviour, the Anger Management star has called it quits with his fiancée, according to Radar Online. "The relationship actually ended a few weeks ago. Charlie finally broke up with her and kicked her out of the house. All of the fighting had just gotten out of control, and Brett was making him miserable," a source who's clearly on Team Sheen says. "Charlie just wanted to hang out with his friends, but Brett always pitched a fit when he did."

At least Sheen is being civil about it, releasing a restrained statement: "Scotty and I had a great year together as we travelled the world and crossed a lot of things off our bucket list. She's a terrific gal, but we've mutually decided to go our separate ways and to not spend the rest of our lives together." And don't worry, getting married wasn't one of the things on their bucket lists, anyway. The planned Nov. 22 wedding would've been Rossi's second and Sheen's fourth. And you really want to make sure she's the one before marriage No. 5. Everyone knows that's the one that sticks.

Russell Brand

Russell Brand heads to the Fox den to do battle

Russell Brand doesn't take nicely to having a talk show appearance cancelled. The comedian and upstart says he was planning to appear on Fox News' Hannity to discuss some hot-button topics until he was told not to bother. So instead he grabbed a laptop and a camera man and did a segment of his own web series, The Trews, on the sidewalk outside Fox's New York City headquarters — until security told him to knock it off, and threatened to have him arrested. "Whether the subject is Islamophobia or it's just the freedom to be in a lobby, Fox is a difficult organization to work with," he says, continuing to film outside the building.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week

Hugh puts the Cleaver into reprising Bridget Jones character

STARGAZING
Malene Arpe
scene@metronews.ca

Hugh Grant will not be in the third Bridget Jones film. But he promises he will join everyone else in not watching the movie.

Megan Fox says she has "lived many past lives" with husband Brian Austin Green. Megan, sweetie, you have not. It just seems like it when he asks for his allowance for the 70th time.

This week in Peculiar Occurrences: 1) Esquire's sexiest woman alive, Penelope Cruz refuses to talk about pretty much everything in her interview with the magazine. 2) Idiots who spent $20,000 on Hermes Birkin bags are now returning the bags claiming they smell of weed. 3) Harry Styles is observed exiting his car for the purpose of vomiting. 4) Amal Alamuddin takes new husband George Clooney's name.

Reese Witherspoon thinks last year's arrest for DUI "showed I have a complexity that people didn't know about." After she finishes stalking Miley Cyrus and shoplifting at the zoo, she hopes that we'll know her completely.

Chelsea Handler says that being friends with Jennifer Aniston is a "real burden" because of the constant wedding questions. "Well," says Jennifer, "the planning just got so much easier now that I don't have to worry about finding someone willing to sit next to Chelsea Handler."

Kate Mara and Shia LaBeouf are photographed visiting Disneyland together. They're not dating or anything. They were just there to help Reese Witherspoon push Mickey into a wall, so she could finally cross that minor assault charge off her list.

Nick Cannon says that the Jesus-angel-horror-nightmare tattoo he got to cover up "Mariah" isn't finished yet. That's a relief. Twenty decomposing goblins and a dragon skeleton will cheer it up considerably.

Snoop Dogg Instagrams a picture of someone not Iggy Azalea with the caption "Iggy Azalea no makeup." Next he'll totally put gum in Iggy's hair.

Jude Law

The Law of Jude: Exes must part with a baby

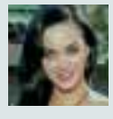
You probably didn't have any doubts about Jude Law's virility, but just in case, the Sherlock Holmes star is working hard to put them to rest. "I can confirm that Jude Law and Catherine Harding are expecting a child together in the spring," the actor's rep tells People magazine. And even though Law and Harding "are no longer in a relationship," they "are both wholeheartedly committed to raising their child." If this all sounds familiar, it's because Law had his current youngest child, five-year-old Sophia, under similar circumstances, announcing that ex Samantha Burke was expecting after they'd split up. He also has two children with ex-wife Sadie Frost. A word of warning to future ex-girlfriends of Law: Ask for clarification before accepting any "going away presents" he might offer.

You're going to feel like a jerk for dissing Bono's shades

We've been making fun of Bono's ever-present massive sunglasses for two decades now, going all the way back to the Zoo TV tour, but it turns out we're all jerks. Congratulations. When asked by Graham Norton during an interview if he ever takes his trademark shades off, the U2 front-man offered this comedy-killing explanation: "This is a good place to explain to people that I've had glaucoma for the last 20 years." See, don't you feel terrible now? But while glaucoma can lead to blindness if not treated, Bono's going to be just fine. "I have good treatments and I am going to be fine," he said. But we can still make fun of him for the whole forcing an album on all iTunes users thing, right?

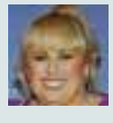
Bono

Twitter



@katyperry
I love when I meet a person so smart they short circuit during their conversation

@lenadunham
You know when you forget to eat for a few hours, decide that you're above food/people who eat are pathetic, then consume a whole chicken?



@RebelWilson
Who can train for a marathon? I'm currently training to be able to blow dry AND straighten my own hair without having to take a break

Stop treating your credit card like a bottomless cookie jar

Debt trap. The only way to truly take control of your life is to stop spending beyond your financial means

GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

People stop me on the street, in the mall, at the supermarket to ask me if the people who appeared on my TV shows were real and, by the way, how could they ever get themselves into so much debt.

It's easier than most people think.

A credit card is kind of like a bottomless cookie jar. With easy access to credit, there's no reason to wonder when the treats will run out, and you are never disappointed.

Want a new outfit? Just stick it on a credit card. Want dinner with a bunch of friends? Ka-ching, ka-ching. Desperately in need of a sunny vacation to beat the winter blues? There's room on the card and that's just what it's for, right?

When credit became a commodity and lenders started hiking limits and offering incentives to take on more cards, people started behaving like greedy children, gobbling cookies without a thought to the tummy ache that would eventually follow.

Now, Canadians think nothing of spending more than they make every year. Hey grown-ups, before you think to chastise a child for anything, think about your own lack of self-control!

Sometimes there are cookies in life, sometimes there are not. ISTOCK

How did we get so much credit? All you needed was a nice, shiny credit score and you could have all the credit you wanted.

Do you know that people who make only the minimum payment on their credit cards have a better credit score than those who pay off their balances in full every month? Why? Because they're more profitable customers, so they score higher.

Do you want to be some company's dream customer, paying gobs of interest and twisting in the wind when the company decides to change the rules of the game? Or do you want to be in charge of your money and your life?

Focusing on your credit score is a trick, a distraction from the real issue: You have to learn to live within your means.

Credit cards only serve you when you have the power. Give the power to the creditor and you're a puppet, jumping and twitching. So, do you want to be some credit card company's puppet? Like the feeling of twitching when collectors call? No? OK then, it's time to retake control.

Being in charge means being out of debt. It means paying off your balance in full every single month. It means having only as much credit available as suits your needs.

Living within your means isn't as hard as some people think. Yes, you have to make choices. And yes, you may have to wait a while before you can take that vacation.

But when you stop treating your cookie jar like it has no bottom and start living within your means, you'll be in charge.

Sometimes there are cookies, and sometimes not. And if there are no cookies for a while, that's not the end of the world. You just have to get busy baking!

WANT TO BE SMARTER ABOUT YOUR MONEY? GO TO MYMONEYMYCHOICES.COM AND FOLLOW THE ROADMAP TO SUCCESS.

How did we get into this gigantic mess?

Equifax Canada is predicting that our consumer debt levels will hit $1.4 trillion in 2014. Here's why:

1. People are paying only the minimum required on their credit cards. Those tiny payments are easy to work into their cash flow and, since people are loathe to add up what they actually owe, make people feel their debt is manageable. Ditto the debt on lines of credit.

2. We simply don't understand or won't accept the fact that all that consumer debt is "callable." That means, at the bank's whim, you can be asked to repay what you owe in its totality and, if you can't, you'll be sent to collections immediately. When you warn people of that, they say things like, "Oh, the bank would never do that." Yes, they would.

3. Folks won't live within their means. All that keeping up is going to end up costing a lot of them their financial security — something far more important than snappy shoes or the latest toy. For the people who would rather have granite countertops than a six-month emergency fund, it is only a matter of time before all that debt catches up with them.

4. Our net worth has grown and we keep being told that all the debt we have is OK because, hey, look at how much we have in assets. Here's the problem with that argument. Let the stock market change direction, or let the real estate market see a correction, and you'll watch your net worth plummet. The debt? Well, it's here to stay. As solid as concrete tied around your neck, that debt is going nowhere.

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Money 101. Two couples, one year to make them richer

Building future financial foundations

In only 10 months, our two Metro Money Couples have improved their net worth by more than $70,000. As we near the end of 2014, it is my mission to send each couple into the future with a rock solid financial plan. – *Lesley-Anne Scorgie*

Anne-Marie and Peter are putting together the next steps for each of their financial goals. SHUTTERSTOCK

Carolina and Jose would like to save money so their children can afford various activities. SHUTTERSTOCK

Anne-Marie and Peter

Anne-Marie, Peter and their daughter recently returned from a 10-day holiday in Ireland, followed by Thanksgiving weekend with family in Moncton, N.B. Thanks to their credit card points and a free annual companion flight, the couple was able to reduce their flight expenses to less than $1,000.

While away, Anne-Marie and Peter stayed with friends and family, further reducing their travel expenses. All in, the well-planned trip cost less than $1,800 by saving in advance through regular monthly contributions into their high-interest savings account.

Upon their return, Anne-Marie, who is on parental leave, learned her employer plans to lay off up to 3,000 staff in the coming years. She is nervous, but has been assured by her employer that her seniority, high level of education, and bilingual language skills count heavily towards her job security.

Peter returned to much better news from his employer — they are thinking of giving him a sizable raise and promotion that he has been hankering for over the past three years.

This month, our focus was to lay the foundation for Anne-Marie and Peter's five-year financial plan. Every great financial plan is rooted in the principle of steadily growing net worth each year, while working towards common goals. Thus, I asked Anne-Marie and Peter what their specific goals for the next five years are and when they plan to accomplish them.

The goals were: Attain better life insurance (one year or less); debt freedom (one year or less); get a raise or a different job for Peter (one year or less); expand their family (one to three years); buy a home (three to five years); grow investments to $250,000 (five years); travel (ongoing); grow income three to four per cent annually (ongoing).

Most notably, Anne-Marie and Peter's investment goals are aggressive, as is their need to save a down payment.

Anne-Marie and Peter recap

- Location: Toronto
- Ages: 37 and 33
- Occupations: Broadcasting and sports editing
- Total household income: $110,000
- Life stage: First child arrived in May
- Financial savvy: Medium to high — they use budgets, have retirement savings, and are committed to paying off debt
- Rent or own: Rent
- Top goals for 2014: Pay off debt, start an RESP, and begin saving a down payment
- Current net worth: $105,000
- Homework from last month: Develop a plan to save a down payment and continue the hunt for an investment and insurance adviser

Homework

Over the course of the next month, I will help Anne-Marie and Peter put together the next steps for each of their goals. Their homework is to prepare a high-level, five-year budget that will accommodate their goals.

THE NAMES OF BOTH COUPLES HAVE BEEN CHANGED TO PROTECT THEIR PRIVACY.

Carolina and Jose

Throughout the past month, Carolina and Jose have spent more than usual having fun with friends and performing low-cost home maintenance. They also received partial financial assistance from their condo association for the removal of trees and debris as a result of a freak snowstorm in September.

Between the costs of their social endeavours, home improvements and snowstorm cleanup, they are feeling financially squeezed. It's time for serious frugal living from now until the end of the year.

Thankfully, Jose's salary is up for review later this month, and his company is considering making him the safety manager for his entire division. This potential raise would equate to approximately $5,000 per year, a significant improvement to the couple's budget.

Now that the couple has officially settled into their new home, and Jose's job continues to improve, they are ready to turn their attention to their eventual retirement. Jose and Carolina have expressed concerns that their student debt is preventing them from being able to save money. But we have found an opportunity within their budget, approximately $100 per month, that they can use toward building their RRSPs.

As the first step in establishing their financial plan, Jose and Carolina shared the following goals and time frame to accomplish them for the next five years.

The goals were: Establish RRSPs (one year or less); attain life insurance (one year or less); open an RESP for each child (one to two years); afford activities for each child (two to three years); find a part-time job for Carolina (three to five years); debt freedom from student loans and line of credit (five years); get a bigger home (five years); grow investments to $50,000 (five years); travel (ongoing); grow income three to four per cent annually (ongoing).

Also of note is that Jose and Carolina would like to save up to take a vacation — just the two of them — for their 10-year wedding anniversary, which is fast approaching. They will need to tuck away approximately $6,000 to make that dream a reality.

Carolina and Jose recap

- Location: Calgary
- Ages: 33 and 32
- Occupations: Stay-at-home mom and roofing
- Total household income: $62,000
- Life stage: Three daughters, aged five, three and one
- Financial savvy: Medium — they have established a budget, purchased a home, are frugal, and have no retirement savings
- Rent or own: Own
- Top goals for 2014: Pay off debt, buy a house, and visit family
- Current net worth: – $3,000
- Homework from last month: Begin exploring investments

Homework

Similar to Anne-Marie and Peter, Carolina and Jose's homework includes building a five-year budget around their five-year goals, as well as opening up their RRSPs.

LESLEY-ANNE SCORGIE IS A COLUMNIST WITH METRO, FINANCIAL COACH AND BESTSELLING AUTHOR OF WELL-HEELED.

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‘No one had done a conference about black women in tech before’

Lady and the tech. Kathryn Finney is working to create a support system for minority females in the industry

LAKSHMI GANDHI
Metro in New York City

Kathryn Finney says many people are discouraged from pursuing a career in tech before they even begin. ISTOCK

When Kathryn Finney founded digitalundivided — an organization devoted to engaging minority communities with the tech world — she didn’t know quite what to expect. It was 2012 and it didn’t seem like there were a lot of resources available to African-American women in the field.

“We had no idea who was going to come,” says Finney of digitalundivided’s FOCUS100 conference. “No one had done a conference about black women in tech before.”

There’s been a lot of talk in recent months about the lack of diversity in tech — and about the lack of female and African American representation in that world in particular.

Finney began her site The Budget Fashionista during the early days of the fashion blogosphere in 2003. She says that she’s seen firsthand the challenges that many black female entrepreneurs in tech face.

“I was the only black person at one conference and one of three women,” she says, “and I remember just how marginalized we were. Everyone just kind of ignored me.”

In the years since then, Finney says she’s thought a lot about how other women and people of colour can be given opportunities to break into what is often an insular field.

She says she draws inspiration from the story of her own family in particular.

“My father was a brewery worker and the brewery shut down,” she recalls, noting that this was a common story in her hometown of Milwaukee during the 1980s. “My father saw himself as a displaced worker.”

The senior Finney managed to meet with an executive at IBM and get an internship at the company at the age of 36. That opportunity launched his second career, eventually landing him at Microsoft. Finney shares these lessons she learned from both her father’s story and her own to navigating the world of tech.

Embrace your outsider status

“The best way to handle it is to embrace being the unicorn,” says Finney, often the only woman of colour in a room of executives. “It’s not your job or responsibility to give racial sensitivity lessons. In fact, it distracts you from your ability to grow your business.”

Don’t try to be the official spokesperson

As many tech companies have gone through some soul-searching about diversity in recent months, there have also been some high-profile comments from some techies decrying the need to recruit from underserved communities. “For the most part I don’t engage (with those people),” says Finney. “I don’t look at that as my job. Our responsibility isn’t to diversify tech. Our goal is to help black women get into the tech pipeline.”

Give entrepreneurs the support they need

Creating a strong support system for women in tech, says Finney, is key to success down the line. “You’re kind of like the mafia,” she says of her group, which is already two years strong. “Once you’re in, you don’t leave.”

Create a path for others

- Finney and her group digitalundivided are concentrating on helping women of colour find opportunities that suit them. Part of the problem, she says, is that many people have a misguided idea of what working in the field means and are discouraged from pursuing a career in tech before they even begin. “We have to show people the path and show what the end of the pipeline looks like,” says Finney.

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Breaking the ice, one bonbon at a time

Dear Metro,
I just started a great new job about a month ago. I'm loving the work, but I still don't feel like I fit in with the other employees. My team is a tight-knit group who frequently socialize outside the office. And while they haven't been outright rude, they also haven't made any open efforts to invite me into their fold. How can I crack their circle?
— All By Myself

OFFICE SPACE
Eleni Deacon
life@metronews.ca

Feeling a little left out? Friendships, much like Rome, aren't forged in a day. Take some time to ease your way into the fold with a cheery disposition and a half-dozen doughnuts. ISTOCK

Dear ABM,

Starting at a new office is a lot like starting at a new high school. You're a little nervous, you're wearing a meticulously co-ordinated outfit that you probably purchased earlier that week, and you don't know the way to the washroom. But even if you're having ninth-grader flashbacks, remember this: You are not in high school.

So while workplace buds definitely make the week more fun, don't think of this as an in-or-out popularity contest. When it comes to forging office friendships, play the long game — not the short-and-frantic game.

You're not going to become president of the water cooler overnight, so just chill. Rather than aiming for group-hug, invite-to-their-wedding acceptance, focus on one or two people with whom you can build a solid bond. Maybe Kyle shares your passion for obscure 1960s baseball statistics. Or Tina has a similar interest in woodcarving. If it seems you might connect with a particular person, invite them for coffee or shoot them a jokey email. One strong (and genuine) friendship could open the door to the rest of the group.

You should also assess your own attitude. Your first month in new a role is "please love me" time. Not only do you want to prove yourself a hard-working, creative-thinking and generally A+ employee — you also want to prove yourself a likable, not-annoying human being. But these two motives can sometimes work in conflict: try-hards can be turn-offs.

If there's a chance your chilly reception stems from intimidation, show your co-workers that you're on their team. This might be as simple as smiling more frequently and being more thankful for help. While it's important to make a solid out-of-the-gate impression, ensure you do so as an ally rather than a competitor who wants to trample every teammate, boss, intern, doorman and trash can in your path.

And in cases like this, light bribery is not off-limits. Most people like Timbits. And the people who bring Timbits to work.

ELENI DEACON IS A TORONTO-BASED WRITER WHO HAS SEEN IT ALL AS AN EAGER EMPLOYEE OF BIG OFFICES, SMALL OFFICES, HOME OFFICES AND ONE ITALIAN RESTAURANT.

Lessons from the desert

What will drift away with the desert and stay solid on the ice?

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10 and the Sahara Race in Egypt in '11. In this post, I share a lesson learned from my experience running deserts.

LESSONS FROM THE DESERT
Stéfan Danis
life@metronews.ca

Every new adventure is an opportunity to assess how previous approaches panned out. ISTOCK

When adversity visits us, it is an invitation to reflect on how we can better prepare to face it effectively.

As I head out to Antarctica for my fourth multi-stage ultra-marathon, even though the race is identical in format to the previous ones, my preparation is vastly different.

For Antarctica, I applied the time-tested and simple review of determining what I will stop, start and continue to do, as well as considering what aspects of my preparation techniques need to be adjusted or changed.

- Stop: Worrying! With experience and confidence, there is no use wasting energy fretting about it. I am just enjoying the journey irrespective of Antarctica's unique challenge.
- Start: I run with weight anklets to replicate the snowshoes or heavier shoes with crampons I will need during the race.
- Continue: Being superstitious. I will use the same old and torn backpack.
- Change: I have shortened my running stride to be lighter on the unpredictable snow and ice surface.

When adversity awaits us, be it personally or at work, we are forced to rapidly reclaim time to deal with the new issues we will encounter.

While becoming more effective and efficient might be enough to make it through, to thrive we also need to shed old activities to redirect energy to the new challenge.

In contrast, when not confronted with adversity, the most proactive response is to prepare for what is inevitably coming our way.

If we have already stopped certain activities, thus creating some slack in our routine, it is easier to seize the next challenge and turn it in an opportunity.

STÉFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER.

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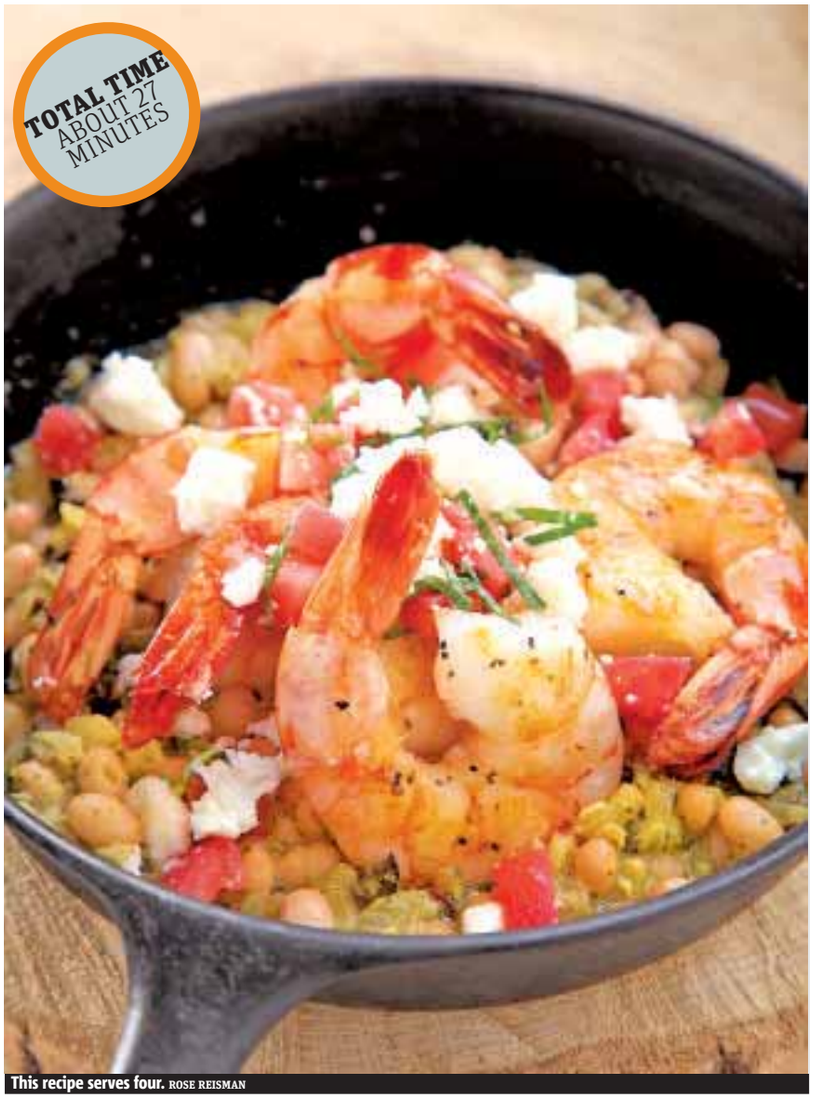
Beans and seafood team up for a dish inspired by fare from Northern Italy



This recipe serves four. ROSE REISMAN

Shrimp with White Beans, Lemon and Pesto. If you have a skillet and a few staples, you have a quick meal

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

FLASH FOOD

From your fridge to your table in 30 minutes or less

This hearty meal is similar to a classic dish that comes from Northern Italy.

The beans and pesto blend really well with the olives and grilled shrimp.

I love to serve this skillet dish with a green salad, and good quality olive oil and balsamic vinegar.

Add a piece of Italian bread to soak up the delicious pesto and you're in heaven!

If you have the time, cooking the beans from scratch is a real delicacy.

I use the quick soak-and-cook method.

Just cover your beans with water, bring to a boil and cook for two minutes. Remove from the heat and let sit, covered, for 1 hour. Drain, cover the beans with water and simmer just until tender.

Beans are a high-quality carbohydrate that is rich in vitamins, minerals and fibre. They can help lower cholesterol, high blood pressure, triglycerides and reduce the risk of heart disease, Type 2 diabetes, obesity and osteoporosis.

Beware of store-bought pesto that contains excess oil. You can also make your own pesto using whatever herbs are in season. I like to use a combination of basil, parsley and cilantro for a twist on the traditional.

As a time-saver, cook the onion and bean dish early in the day, but cook the shrimp just before serving.

Directions

1. Either grill or sauté shrimp in a skillet sprayed with vegetable oil just until cooked (about 5 minutes). Set aside.

2. In a large skillet sprayed with vegetable spray, add the oil and sauté the onion and garlic for 5 minutes on medium heat until soft and lightly browned. Add the beans, pesto, stock, lemon juice, and olives and cook for 2 minutes until the dish is warm.

3. Place on serving plate and top with shrimp, feta and tomatoes. **THE BEST OF ROSE REISMAN (WHITECAP BOOKS) BY ROSE REISMAN**

Nutritional information

Per serving

- **Calories.** 197
- **Carbohydrates.** 19 g
- **Fibre.** 1.3 g
- **Protein.** 20.5 g
- **Total fat.** 5.3 g
- **Saturated fat.** 1.6 g
- **Cholesterol.** 110 mg
- **Sodium.** 350 mg

Ingredients

- 12 oz large shelled shrimp (tail left on)
- 2 tsp vegetable oil
- 1 cup chopped onion
- 1 tsp minced garlic
- 1 1/2 cups canned white navy beans or kidney beans, drained and rinsed
- 1/4 cup store-bought or home made pesto
- 1/3 cup low-sodium chicken stock
- 1 1/2 tbsp lemon juice
- 1/4 cup chopped black olives

Garnish

1/3 cup crumbled reduced-fat feta cheese (1 1/2 oz/45 g)
1/2 cup diced tomatoes

Enjoy your greens with some texture

A delicious and interesting side salad, this dish combines the distinct flavours of kale, sun-dried tomatoes, goat cheese and berries.

Feel free to substitute the kale with arugula or spinach and the berries of your choice.

To rehydrate sun-dried tomatoes just soak them in hot water for five minutes or microwave for one minute. Drain them well and chop.

Avoid those packed in oil, as they contain excess oil and fat.

Ingredients

Dressing

- 1/2 tsp crushed garlic
- 1 tsp Dijon mustard
- 1 tbsp balsamic vinegar
- 2 tbsp olive oil
- 1 tbsp lemon juice
- 2 tbsp water

Salad

- 4 cups baby kale, spinach or arugula
- 1/4 cup halved, toasted cashews
- 2 oz goat cheese, crumbled
- 8 rehydrated sun-dried tomatoes sliced in half
- 1/2 cup black berries or raspberries

I like to use baby kale, which has softer small leaves and is easier to digest than the larger tougher leaves that have to be "massaged" to become tender.

Kale is a super-green, containing vitamin K, which supports normal blood clotting, bone health and antioxidant activity. It's also high in iron, Vitamin A, C and calcium.

1. In small bowl, combine garlic, mustard, vinegar, oil, lemon juice and water until well mixed.

2. Place kale in serving bowl; sprinkle with nuts, goat cheese, tomatoes and berries. Pour dressing over top and toss gently.

ROSE REISMAN

This recipe serves four. ROSE REISMAN

CFL

Eskimos come from behind to beat Roughriders

Mike Reilly staged an 84-yard touchdown drive midway through the fourth quarter to lift the Edmonton Eskimos to a 24-19 victory over the host Saskatchewan Roughriders on Sunday.

Reilly called his own number on the touchdown, a five-yard run that saw him dive across the goal-line.

The Eskimos' defence shut out Kerry Joseph and the Riders' offence until the final minute of the second half, while Reilly and Edmonton's special teams scored 20 unanswered points after halftime en route to their second straight win to improve to 11-5.

Reilly completed 20 of 30 pass attempts for 260 yards and an interception.

THE CANADIAN PRESS

Conditioning stint

Canucks send Horvat to AHL

The Vancouver Canucks have assigned centre Bo Horvat to the Utica Comets of the American Hockey League on a conditioning assignment.

Horvat, 19, had one goal in five pre-season games with the Canucks. Last season he appeared in 54 games for the OHL London Knights, collecting a career-high 74 points (30 goals, 44 assists) and 36 penalty minutes.

The six-foot-one, 216-pound centre was originally selected by Vancouver ninth overall in the 2013 NHL draft.

THE CANADIAN PRESS

Flames rookie Johnny Gaudereau scores his first goal of the season on the Jets' Ondrej Pavelec in the second period Sunday night at MTS Centre. MARIANNE HELM/GETTY IMAGES

Flames' 6-minute flurry destroys Jets

NHL. MTS Centre crowd still waiting for a win as Winnipeg drops two straight to open homestand

On Sunday

Flames	Jets
4	1

Mason Raymond had a goal and two assists as the Calgary Flames handed the Winnipeg Jets their fourth straight loss with a 4-1 victory on Sunday.

Dennis Wideman, Johnny Gaudreau and Raymond scored on Ondrej Pavelec in a span of six minutes and 42 seconds in the second period as Calgary (4-3-0) finished a six-game road trip with a fourth win away from home.

T.J. Brodie scored Calgary's other goal to add to his career-high six-game point streak. Wideman and Gaudreau, who was benched for the last game, also each had an assist.

Flames netminder Jonas Hiller stopped 34 shots, letting only Mark Scheifele score in the first period for Winnipeg (1-4-0).

Pavelec faced 29 shots.

It was the second game of a five-game homestand for Winnipeg, which hosts Carolina on Tuesday.

The Flames return home for five games, beginning Tuesday against Tampa Bay.

Scheifele scored his first goal of the season after Mathieu Perreault passed the puck from behind the net to Blake Wheeler at the right side. Wheeler then sent it across to Scheifele for a high shot into the side of the net at 10:28 of the first.

After opening their season with a 6-2 win over Arizona, the Jets have only scored two goals in their four-game losing skid.

Winnipeg had a goal reviewed and disallowed earlier in the first when defenceman Anthony Peluso rifled a shot that hit the crossbar and then the post. THE CANADIAN PRESS

That 70s Line keeping things groovy in L.A.

Los Angeles Kings goalie Jonathan Quick makes a save on the Wild's Zach Parise in Los Angeles on Sunday. CHRISTINE COTTER/THE ASSOCIATED PRESS

Jonathan Quick made 40 saves and Tyler Toffoli had a goal and an assist in the Los Angeles Kings' fourth straight victory, 2-1 over the Minnesota Wild on Sunday.

Toffoli scored an early power-play goal and Tanner Pearson added a third-period goal for the defending Stanley Cup champions, who stayed perfect on their six-game homestand with another dominant game from Quick.

The Kings also got two more goals from That 70s Line — the jersey-number-inspired nickname for Jeff Carter's combo with youngsters Toffoli and Pearson. The trio has scored 11 of Los Angeles' 14 goals this season.

Missing in action

Forward Marian Gaborik missed his third straight game for the Kings, and defenceman Jake Muzzin still hasn't played this season. Both are out with upper-body injuries.

Niklas Backstrom stopped 14 shots and Matt Cooke scored with 13:13 to play for the Wild.

The NHL's best defensive team last season is back in top form again. Cooke's goal was just the third by Los Angeles' opponents in 245 minutes during the homestand, and Quick was stellar in the Kings' crease after tying Rogie Vachon's franchise record with his 32nd career shutout on Thursday.

Los Angeles also held the Wild scoreless on five power plays. THE ASSOCIATED PRESS

4 SPORTS

Boxing and hoops. WBO champ Pacquiao debuts as basketball player

Manny Pacquiao made his professional basketball debut on Sunday, just a month before he is set to defend his WBO welterweight crown.

Pacquiao started Sunday's game for the newly formed KIA Sorento of the Philippine Basketball Association but played only seven minutes and committed two turnovers in his team's 80-66 win over the Blackwater Elite at Philippine Arena.

The boxing icon, who joined the pro league team as a player-coach, played in a pre-season game earlier this month, finishing with one point and two turnovers after a 10-minute stint.

Pacquiao said after the game he would take a break from his KIA duties to focus on the defence of his WBO welterweight crown on Nov. 22 in Macau against undefeated junior welterweight champion Chris Algieri.

At five-foot-six, Pacquiao does not have the typical stature of a basketball player, but is a big fan of the sport. THE ASSOCIATED PRESS

Manny Pacquiao on the court. GETTY IMAGES

Kelvin Herrera, one part of the 'three-headed' monster in Kansas City's bullpen of relievers, pitching against Baltimore in the American League Championship Series. ED ZURGA/GETTY IMAGES FILE

'Monster' bullpen backs up Royals

The Big Three. Royals relievers keep things safe after six innings

In each game of the American League Championship Series, the three-headed monster of Kelvin Herrera, Wade Davis and All-Star closer Greg Holland slammed the door on the Orioles.

They did it again in the clincher, a 2-1 win that propelled Kansas City into the World Series after a 29-year absence.

Game 1 is Tuesday night against the San Francisco Giants.

The Royals had one of the stingiest bullpens in baseball this season, but the back end was especially dominant. Herrera, who usually handles the seventh inning, had a 1.41 ERA in 70 games. Davis, the eighth-inning guy, had a 1.00 ERA in 71 appearances. And Holland had a 1.44 ERA while saving 46 games, one shy of his franchise record set just last season.

They were at their best in sending the Royals to the World Series, too.

Herrera pitched 5-2/3 scoreless innings against Baltimore, allowing just two hits. Davis went five scoreless innings, also giving up two hits. Holland was the only one to give up a run, but he still managed to save all four games, joining Hall of Famer Dennis Eckersley as the only pitchers to accomplish the feat since the ALCS went to a best-of-seven format.

No wonder every other opposing manager has learned the best chance of beating the Royals is to beat their starters. If they have the lead by the seventh inning, the chances of mounting a comeback against their "Big Three" aren't very good. THE ASSOCIATED PRESS

Comfortable

"Just get us through six in the ballgame and we can turn it over to the bullpen guys."

Royals manager Ned Yost

Stockholm Open

Berdych bests Dimitrov for title

Top-seeded Tomas Berdych beat defending champion Grigor Dimitrov 5-7, 6-4, 6-4 Sunday to win the Stockholm Open for the second time.

Berdych claimed his 10th career title after breaking Dimitrov's service early in the two latter sets to wrap up the win and stay on course to qualify for the season-ending ATP finals in London. THE ASSOCIATED PRESS

NASCAR

Keselowski pulls it off at Talladega

Coming off a tumultuous week and backed into a must-win situation, Brad Keselowski pulled off one of his biggest victories.

Keselowski drove a perfect final two laps in overtime Sunday at Talladega Superspeedway, where he had to win to advance into the third round of NASCAR's championship race. Anything but a victory would have ended his title chances. THE ASSOCIATED PRESS

Rams reach into bag of tricks

Rams defenders Robert Quinn, top, and Marcus Roberson bring down the Seahawks' Kevin Norwood on Sunday in St. Louis. With the help of some trick plays on special teams, the Rams overcame the Seahawks' big statistical day to win 28-26. Scan the image with the Metro News app for more scores from the NFL on Sunday. DILIP VISHWANAT/GETTY IMAGES

Liverpool's Steven Gerrard THE ASSOCIATED PRESS

Reds get win on a silver platter

Queens Park Rangers gifted Liverpool a 3-2 win in the Premier League on Sunday after defenders Steven Caulker and Richard Dunne scored own goals at Loftus Road.

In an explosive finish, with four goals in eight minutes, substitute Eduardo Vargas looked to have secured a point for QPR after he scored in the first minute of second-half stoppage time to make it 2-2.

Undeterred, Liverpool launched a late counterattack which ended with Caulker putting into his own net to seal the victory for Brendan Rodgers' team.

Liverpool substitute Philippe Coutinho had put Liverpool 2-1 up in the 90th minute before Vargas equalized.

Earlier, after Mario Balotelli blazed over the bar in the 62nd, Dunne scored the opener five minutes later at the wrong end for his 10th career own goal. Vargas then equalized in the 87th for the first of his two goals.

"QPR certainly did not deserve to lose. We were lucky to get the win, but we showed tremendous character," Rodgers said. THE ASSOCIATED PRESS

AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

metro AR

→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
A friend will offer you advice you should act on. The solution may be painful in the short-term but if you leave a financial issue unresolved it could be hugely costly in the long-term.

♉ Taurus
April 21 - May 21
There may be many things that interest you but there is only one thing that demands your attention. A serious matter needs to be dealt with today.

♊ Gemini
May 22 - June 21
You may have to cut back on your commitments to save time and money but don't overdo it. Jupiter, planet of excess, is strong in your chart today, so you could go too far.

♋ Cancer
June 22 - July 23
You are in a practical frame of mind and that's good because there are everyday issues that need to be dealt with. Focus especially on money matters over the next 24 hours.

♌ Leo
July 24 - Aug. 23
You can be brutally honest and with communications planet Mercury linked to Jupiter, planet of excess, today it is likely you will say something that shocks those around you. Good!

♍ Virgo
Aug. 24 - Sept. 23
Think deeply about what you are doing and where you are going. It's sensible to take stock once in a while.

♎ Libra
Sept. 24 - Oct. 23
Be careful you don't let an opportunity that is tailor-made for your needs slip by without taking advantage of it.

♏ Scorpio
Oct. 24 - Nov. 22
You seem to be having serious misgivings about what a loved one is proposing to do and it is your duty to speak up about it.

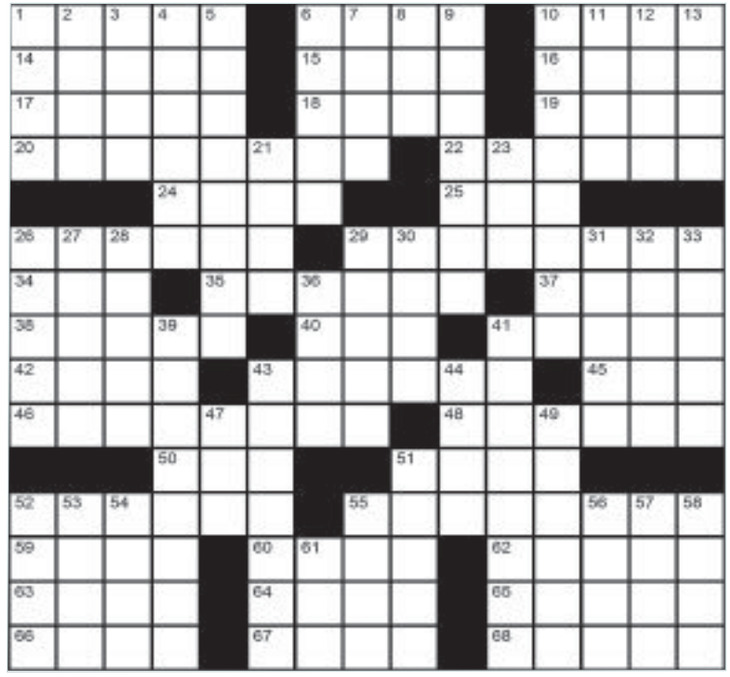
♐ Sagittarius
Nov. 23 - Dec. 21
Slow down a bit and prepare yourself, mentally, emotionally and physically, for the exertions that lie ahead. Don't get involved in anything that is likely to drain your energy.

♑ Capricorn
Dec. 22 - Jan. 20
The news you receive today may not be to your liking but you will still have plenty of time to adjust. Patience is not only a virtue but a necessity if you are to make progress over the next few weeks.

♒ Aquarius
Jan. 21 - Feb. 19
Don't listen to those who say you should be different. You don't need to play a role to make your mark. Act in a way that feels natural to you, not in a way you feel is expected.

♓ Pisces
Feb. 20 - March 20
Life may be unpredictable but that's one of the things that makes it interesting. The planets warn you need to accept that even unsettling events have their place in the cosmic plan.

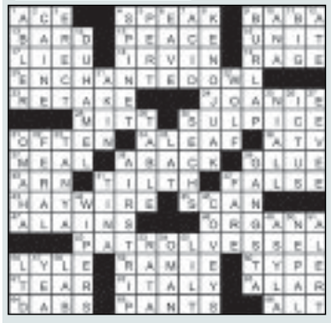
Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. Rock band, Papa __
6. Canadian Hip-Hop artist, __ 65
10. Canadian film-maker Mr. Sennett
14. Sum 41's "__ __ Deep"
15. Time Machine people
16. Exuberance
17. Catwalk walk
18. Steven __, Canadian violinist
19. Pharmacy amount
20. Villain's expression when pleased: 2 wds.
22. German author of The Sorrows of Young Werther
24. Barrel
25. Winter's first mo.
26. Sherwood Forest: Maid __
29. S.S. __, Canadian ship (named after a character in Shakespeare's The Winter's Tale) which sank in 1918 off Cappahayden, Newfoundland
34. High card
35. Parchment paper
37. Ms. Campbell
38. Scrumptious
40. All-you-can-what?
41. Tree beavers like
42. Virginia willow
43. CNN host Mr. Zakaria
45. Amateur antonym [abbr.]
46. Montreal street; or, actor Jesse
48. Sci-Fi thriller of 2004 filmed in Ottawa
50. Spencer Davis Group's "__ Man"
51. David __ (Yahoo! co-founder)
52. Sauce sort
55. "Penny __" (Horror series)
59. Queen in Disney's "Frozen" (2013)
60. Italian saint Philip
62. Mad
63. Ms. McEntire
64. Previous partners
65. Faring
66. Therefore: French
67. Actor Rob
68. Fiction's Jane's

Down
1. Climb
2. A-ha's "The Sun Always Shines __ __."
3. Longfellow's bell town
4. Anne Murray's "__ _ Have This Dance"
5. Poutine component: 2 wds.
6. Darken
7. __ Bator, Mongolia
8. Bilk
9. Mixed Martial Arts drama starring Nick Jonas, on Bravo
10. __ Sans Frontieres = Doctors Without Borders
11. Care-_-__ (Care Bears home)
12. Money
13. __ socks
21. Ancient symbol
23. Atop, in verse
26. Ms. Bialik of "The Big Bang Theory"
27. Razor-sharp
28. Convened again
29. Emergency light signal
30. Plucked instrument
31. One of The Marx Brothers
32. All
33. Comedian Jay's
36. Fall fall-ee
39. Canadian fiddler Ashley
41. Toronto street; or, Ms. Kane who stars as Mary on "Reign"
43. Pajamas fabric
44. Ms. Falco
47. Friend: French
49. __ Valley, in western Newfoundland
51. Bichon __ (Small dog)
52. Grazing group
53. Margarine
54 Paperback's ID
55. Mr. Carey
56. Reasonable
57. __ Reader (Alternative press magazine)
58. Endurance/longevity
61. Prefix to 'skeleton'

Friday's Crossword



Online

See today's answers at metronews.ca/answers

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

			9		4	2	5	
6	4				8		9	
5		1	2			8		
2	3		8		7	6		9
8		7	6		1		3	2
		3			5	7		4
	1		4				8	5
	8	5	7		6			

Friday's Sudoku

5	3	2	9	7	8	4	6	1
8	6	7	4	3	1	2	9	5
1	9	4	6	5	2	7	8	3
6	4	3	5	1	9	8	7	2
7	1	5	8	2	6	3	4	9
2	8	9	3	4	7	5	1	6
9	5	6	7	8	3	1	2	4
4	2	8	1	9	5	6	3	7
3	7	1	2	6	4	9	5	8

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